

## 14-mile Bike Course

Out of the main parking lot, take a right on Freys Hill Rd. Follow Freys Hill to Lakeland Rd. Follow Lakeland Rd around a 90 degree turn to the left and then turn left on to Garr Ave. Take Garr Ave to Evergreen Rd and turn right. Stay on Evergreen Rd and turn left onto Osage Rd. Follow Osage Rd and turn right on Lucas Ln. From Lucas Ln turn left on Old LaGrange Rd (do not cross railroad tracks). Follow Old Lagrange Rd to Chamberland Ln and turn left. Follow Chamberland Ln down to the main entrance for the Ford plant and turn around. Turn around and follow same path back to the park.

## 5-mile Run Course

Out of "Tom" Sawyer's main parking lot, take a right. Follow Freys Hill Rd around the curves. Take a right at the next entrance to the park. Follow the paved road up to the fitness trail. Take a right on to the fitness trail. Follow the fitness trail up to the maintenance access road across from the shelter. Take a left on the maintenance access road. Follow maintenance access road until it reconnects with the fitness trail. Take a left on the fitness trail. Follow the fitness trail until it reconnects with the paved road. Follow the paved road back to Freys Hill Rd. Make a left on Freys Hill Rd. Follow Freys Hill Rd back to the main parking lot.